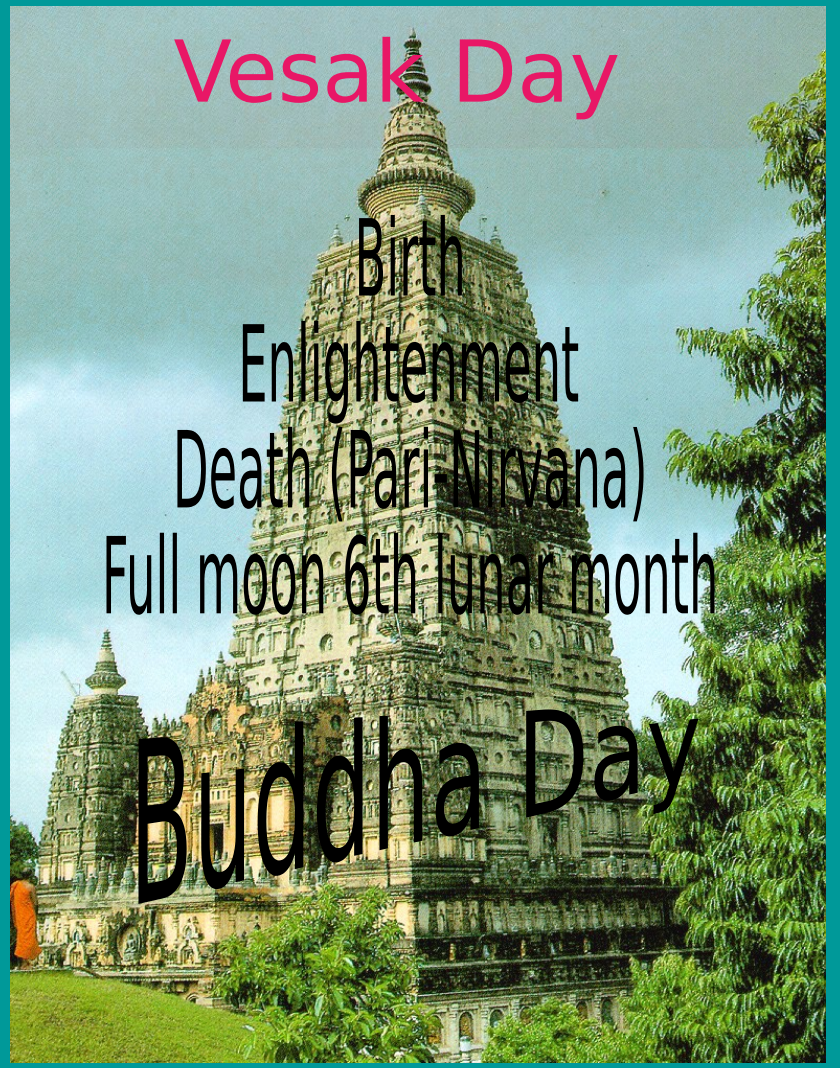
Buddhist Religious Holy Days

Kongsak Tanphaichitr, M.D.

Wat Phrasriratanaram

Thai Buddhist Temple

Buddha's Enlightenment
Bodhagaya, India



The First Sermon
Sarnath, India
Dhammajakkappawattana Sutta

(Setting the Dharma Wheel in Motion)

Things that arise as a norm, would cease as a norm.

Full moon 8th lunar month

2612 years ago

Sangha Day

Makha Puja Day

- **Full moon 3rd Lunar month (2611 yrs. ago)**
- **1,250 monks came unannounced**
- **All arahants (fully enlightened)**
- **All ordained by the Buddha himself**

Buddha gave "Patimokka"

(II)-3 Fundamental Principles of Buddhism

- *1. Avoid doing bad deeds (Morality).*
- *2. Do good deeds (Concentration).*
- *3. Purify one's mind (Wisdom).*

Dharma Day

(I) Ideal /Goal of Life

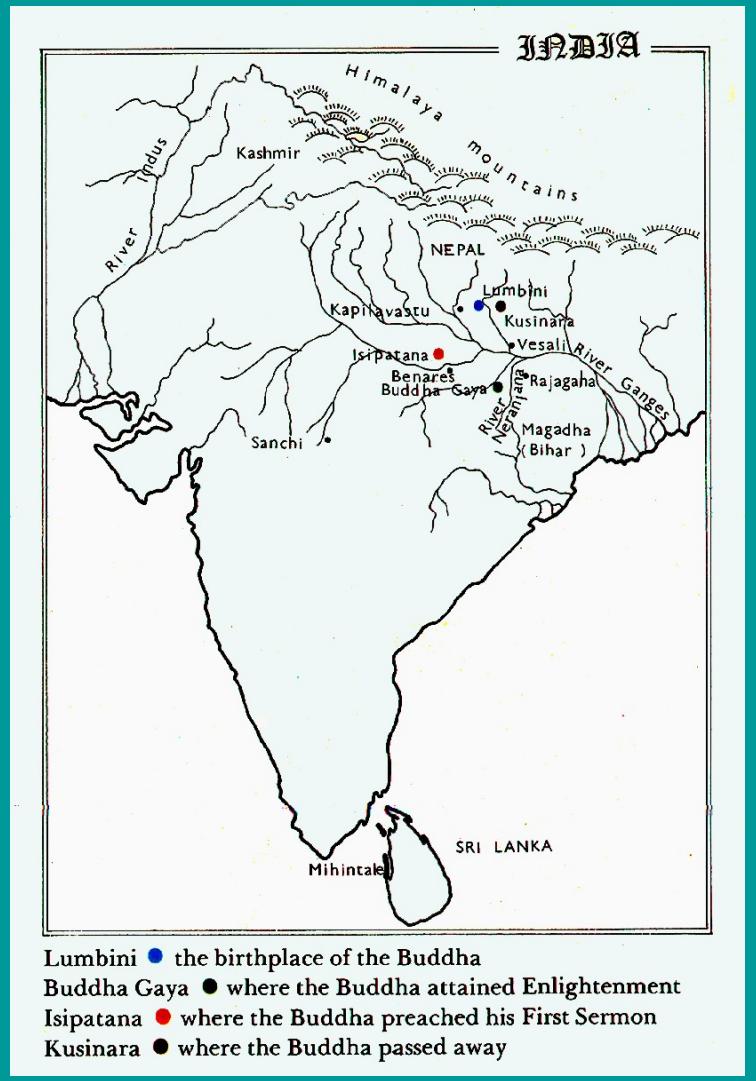
1. **The true strength is based upon *"Patience/Forbearance"(Kanti).***
2. ***Nirvana* is the supreme truth/Dharma, *per all the wise***
3. ***Priest would not kill,***
4. ***Nor Peacemaker harm others.***

(being compassionate & willing to help other beings)

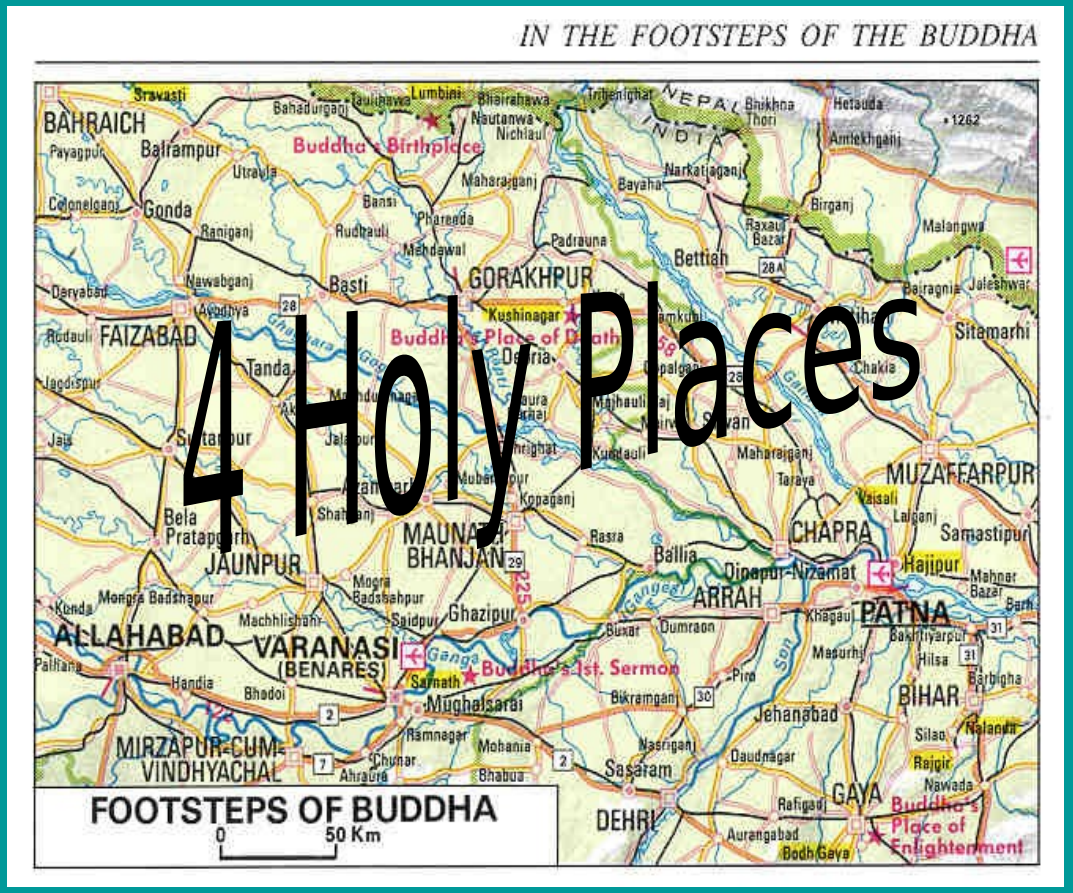
(III) Guidelines for "Peacemakers"

1. **Not to harm others *verbally***
2. **Not to harm others *physically***
3. **Discipline - observing the *moral codes***
4. **Be *moderate* in *consumption***
5. **Dwell in *peaceful environment***
6. **Diligently Train oneself to *purify one's mind***

Footsteps of Buddha



Lumbini ● the birthplace of the Buddha
Buddha Gaya ● where the Buddha attained Enlightenment
Isipatana ● where the Buddha preached his First Sermon
Kusinara ● where the Buddha passed away



2567 yrs ago (2024) or 543 BCE

Kathin Robe Offering Festival

Kathin Robe Offering Festival